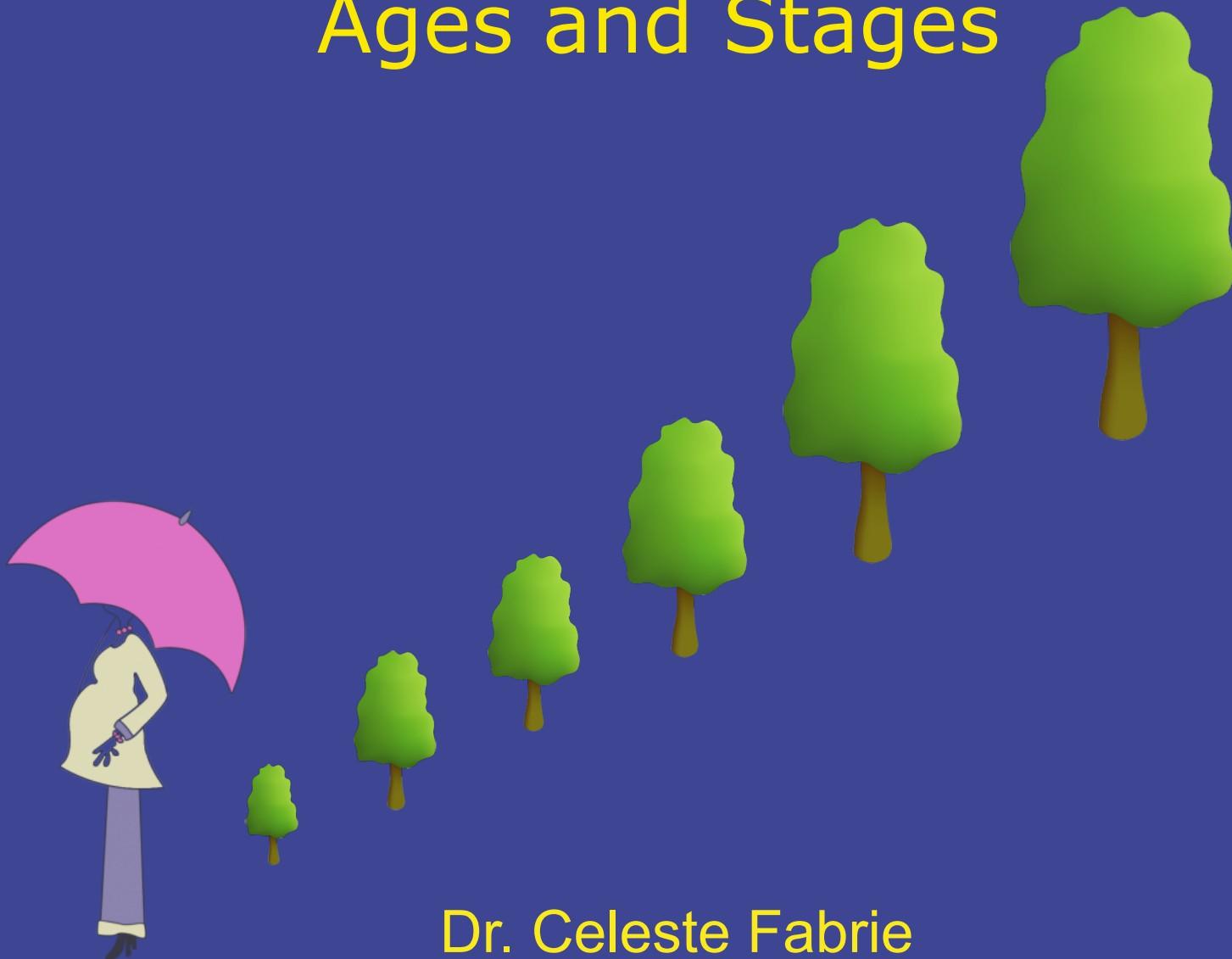


Child Development Ages and Stages



Dr. Celeste Fabrie

Child Development: Ages and Stages

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Psychologist with own practice in Germany. Writer of research articles on human development and clinical psychology.

Acknowledgment

The development of locomotion in babies (Adapted from Vander Zanden,1989)

http://www.jigsaw.org.nz/Site/Help/Development/ages_and_stages.aspx

<http://www.kidsgrowth.com/stages/guide/index.cfm>

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Child_development_%281%29_newborn_to_three_months

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Child Development

Stages and Ages

by

Dr. Celeste Fabrie

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Introduction

What is Child Development?

Child development is the sequential progression of changes in the body and abilities as the child grows from birth to adolescence.

This little book is a simple guide for parents to understand the most important steps that take place naturally in a child's life. Child development generally occurs naturally without much conscious thought on the parents behalf (although of course many parents consciously expose their children to a range of specific activities to aid well rounded development where possible).

What does Child Development cover?

Children's development occurs across a range of skills areas including: physical (motor) skills, speech and language, social and emotional, cognitive and intellectual abilities. Progressive development typically occurs in these skills simultaneously although the extent varies between the skills at different times.

Why is Child Development important?

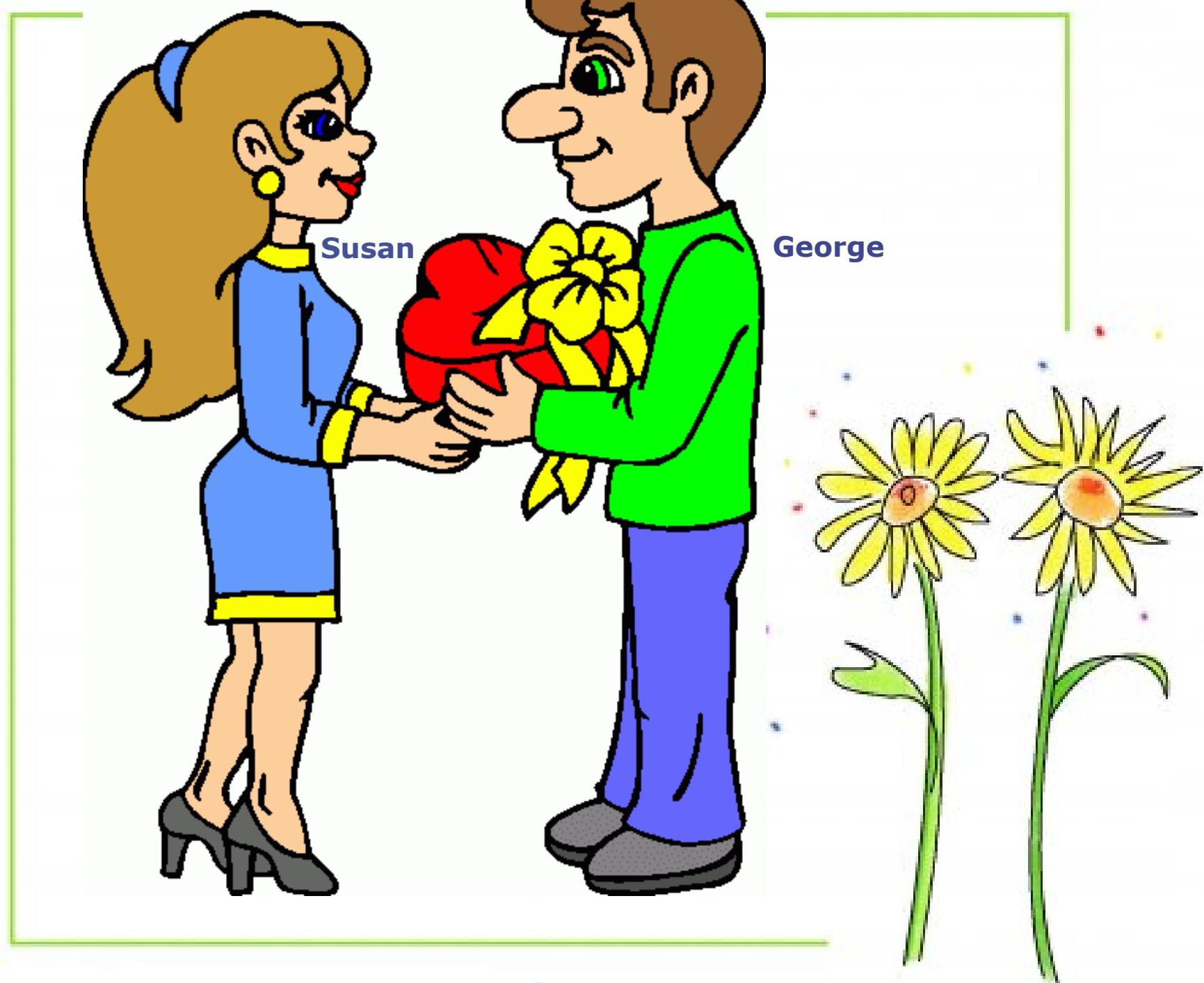
Monitoring child development is important to ensure that children meet their 'developmental milestones'.

The earliest possible detection (and treatment if appropriate) of developmental challenges is helpful as it can allow the early intervention to help minimize the impact these developmental hiccups can have on children's skill development and subsequently their confidence, or serve as an indicator of a possible diagnosis.

I have given some sections more priority, such as in the first 3 months of life as well as the "terrible twos", the child at 5 years of age and the teenager. This is only because these ages are for many parents a rapid development process which can appear overwhelming for them and the child. Again, each child is unique in his or her developmental stage.

More information in the Appendage section at the back of this book

Let me introduce you to a couple in love.





After a long courtship, Susan and George decide to get married.

Three years later, they decided it was time to plan for a family.

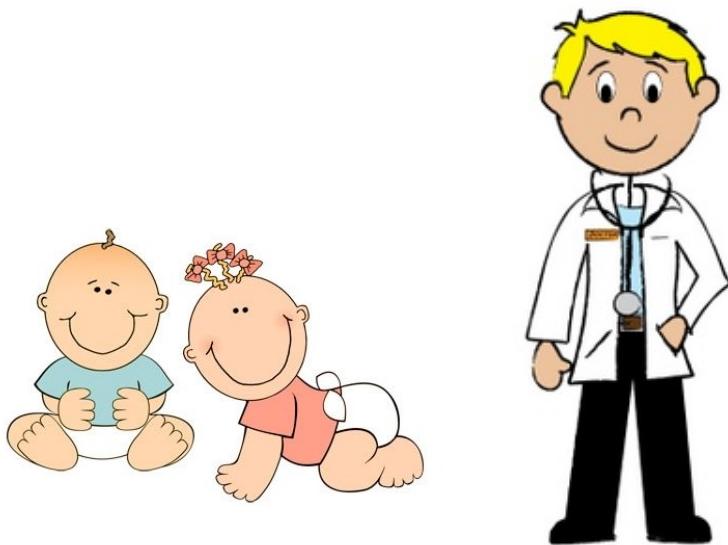


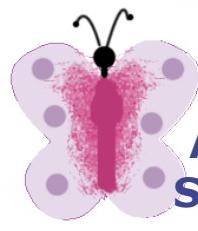


Susan becomes pregnant

The doctor tells Sarah she is expecting twins!

JOY





After 9 months little Jimmy and Mary are born.
Susan and George are proud and happy parents.



This is the beginning of a new life experience, not only for the parents but for the child itself. Both genetic (biological influences) and environmental factors play an important part in the development of the child and its later years.



Newborn to Three Months

"Bonding Process"

Introduction

Newborn babies communicate from birth and are learning all the time. Babies need physical contact for optimum development. Activities can help a baby's hearing, sight and physical and emotional development.

Coming into the world is a big and scary adventure for babies. At first, they don't know you are there to feed and care for them - they only know when they feel comfortable and safe, or otherwise. However, even from birth, they start to communicate and give you little signals when they are tired or hungry, or awake and alert. They are learning all the time, and the job of parents is to help them know that the world is a welcoming place where their needs will be met.



Social and Emotional Development

Even shy and sleepy babies take an interest in your voice and face. A big section of the brain is devoted to understanding and remembering faces, and a large part of our social behaviour is based on how we 'read' other people's faces. Looking into someone's eyes is a necessity for 'falling in love', so show your baby your face and talk to them soothingly right from the start. Don't feel rejected if they turn away; tiny babies often get tired when they interact.

Newborns:

- Don't understand what is happening to them, or realize they are a separate person
- Don't know who is feeding them, or who helps them when they cry
- Cry when they are hungry or tired, but don't know they are being cared for
- Can't cry 'for attention' or to 'get at' their parents - a newborn is not capable of responding to you with any conscious purpose
- Can feel, but not think
- Smile by five to seven weeks
- Laugh out loud by three months.



Physical Development

Common characteristics include:

- Many babies who are under three months cry a lot, especially in the late afternoon or evening. ('Jiggling' babies is not a good way to help them settle and can be very scary or even painful for the baby, even if they stop crying. It is very important not to shake a baby.)
- Your baby is bombarded by external stimuli (shapes, sounds, colours) and can easily feel overwhelmed.



Hearing and Seeing

Newborns can hear, and have been hearing noises from well before they were born. Newborns have immature eye muscles and, while they can see (particularly at close range), they can't organize the visual images into meaningful shapes.

Developmental characteristics include:

- In the first two months, they are attracted by bright light, primary colours, stripes, dots and patterns.
- Eyes move in unison, most of the time, by six weeks.
- The human face is the first 'object' they recognize.
This is the time they will have their "big smile".
- Over the first three months, they begin to recognize particular faces and other things (like their teddy bear) in their world.



Using their Bodies

Infants in the first eight weeks have no control over their movements and all their physical activity is involuntary or reflex. They move their bodies while they are awake, but they do not yet know how to make each part of their body move, or even that all the bits belong to them.

Developmental characteristics include:

- Sucking, grasping, startling and pulling to stand are all reflexes.
- They start to work out how to lift their heads when lying on their tummy, and kick their legs by about eight weeks.
- In their third month, they begin to watch their hands and feet wave in the air, and also begin to wave that fist towards your face or some other desired object.

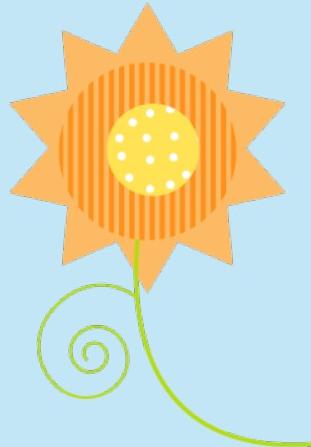


Speech and Language

For the newborn, crying is their only means of communication. It is important to respond to your baby as soon as possible, so they begin to understand that you will be there for them.

Characteristics of speech include:

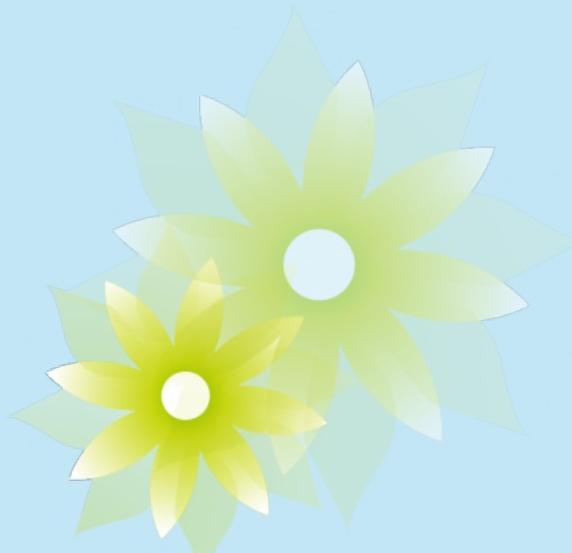
- By seven or eight weeks, they begin to discover their voice and make cooing noises and vowel sounds.
- Even by about eight weeks, they will listen to what you say, then make noises back as they 'talk' to you.



Suggested Activities

Suggestions on encouraging and supporting your baby's development include:

- Make a mobile and hang it, facing them, above their cot
- Stroke different parts of their body to see how they like to be touched
- Speak to them gently and use their name
- Play them music
- Sing to them
- Hold them a lot
- Let them look at your face as you talk to them
- Copy their little gestures
- Rock them.



Signs that Suggest a Developmental Problem

All children are different and develop at different rates, so if your baby doesn't do all the things listed in this article, it may be because they are working on some different area of learning and development. However, if your baby is very different from other children, or if you are worried about their development or it seems to go backwards, seek the advice of a health professional.

Signs that could suggest a developmental problem include:

- Unusually floppy or stiff body
- Arm or leg on one side is obviously different in muscle tone or power to the other
- Fingers are always held in a tight fist
- Not watching faces by two to three months
- Not startling to noise
- Difficulties with feeding beyond 'normal' range
- Long periods of crying and persistent difficulties with settling
- The child is exceptionally quiet and placid.



Things to Remember

- Even from birth, babies can communicate with you.
- A newborn doesn't realise they are a separate person.
- Infants in the first eight weeks have no control over their movements and all their physical activity is involuntary or reflex.



Six Months

"The Social Butterfly"



During the first few months of life, your baby was growing at a rate of about 1 ½ to 2 pounds a month. By now, she should have at least doubled her birth weight.

Motor Skills:

Your baby may be starting to sit up alone by six months. To get ready, babies first prop themselves up with their hands, but over time they can start to let go and sit unsupported.

Your 6-month-old can probably roll from his back to his stomach and vice versa. Some babies can propel themselves around the floor using this rolling method. Or, they may creep forward or backward -- sliding around on their tummies while pushing against the floor. You may notice your baby rise up on hands and knees and rock back and forth.

Sleep:

Most babies are sleeping six to eight hours at a stretch by six months.

Now that your baby can roll over independently, don't be alarmed if you put her to sleep on her back and she wakes up on her tummy. The risk of SIDS is much lower at six months than it was in the first few months of life. Still, it's a good idea to keep stuffed animals, pillows, crib bumpers, and other soft items out of the crib for now.

The Senses:

You may notice that your baby's eyes have changed from their birth color. Lighter-colored eyes may go through several shifts before settling on their final shade at about six months. If your baby still has blue eyes now, chances are they'll stay that way permanently.

Eating:

If you haven't started your baby on solid foods already, your pediatrician will likely recommend that you do so at six months. Begin with an iron-fortified cereal mixed with breast milk or formula. As your baby adjusts to solids, introduce strained fruits and vegetables one at a time. Wait a few days each time you try something new to make sure your baby isn't allergic to it.

If your baby doesn't seem to like a new food, wait a few days and then try it again. Babies are fickle creatures and their tastes can change from one day to the next.

Communication:

Your 6-month-old baby should be smiling, laughing, and babbling away ("ma-ma," "ba-ba"). To help your baby learn the language, read stories together every night.

Babies at this age are starting to recognize the people and things around them. Your baby will start to feel comfortable with the familiar -- mommy, daddy, grandma, and grandpa, as well as a few of his favorite toys. You might see the first signs of fear when your baby is with strange people or in new situations.

Nine Months

"The Creepy Crawler"



"The Super Crawler"

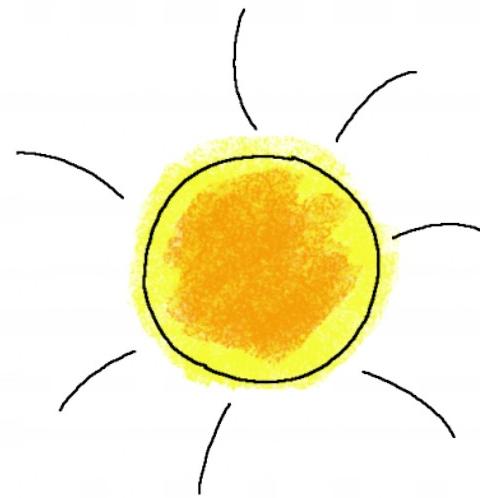
They can hold a toy in one hand while they propel themselves using the other hand and their two knees. Some can even crawl up and down stairs with ease. Just make sure you keep the gate closed unless you're there to supervise the climbing.

At nine months, babies are also becoming experts at quickly changing position. They can push up to a crawl position, sit back down, and pivot to pick up a toy. Your little one may even be able to pull to a stand, and may soon start cruising around the room while holding onto furniture.

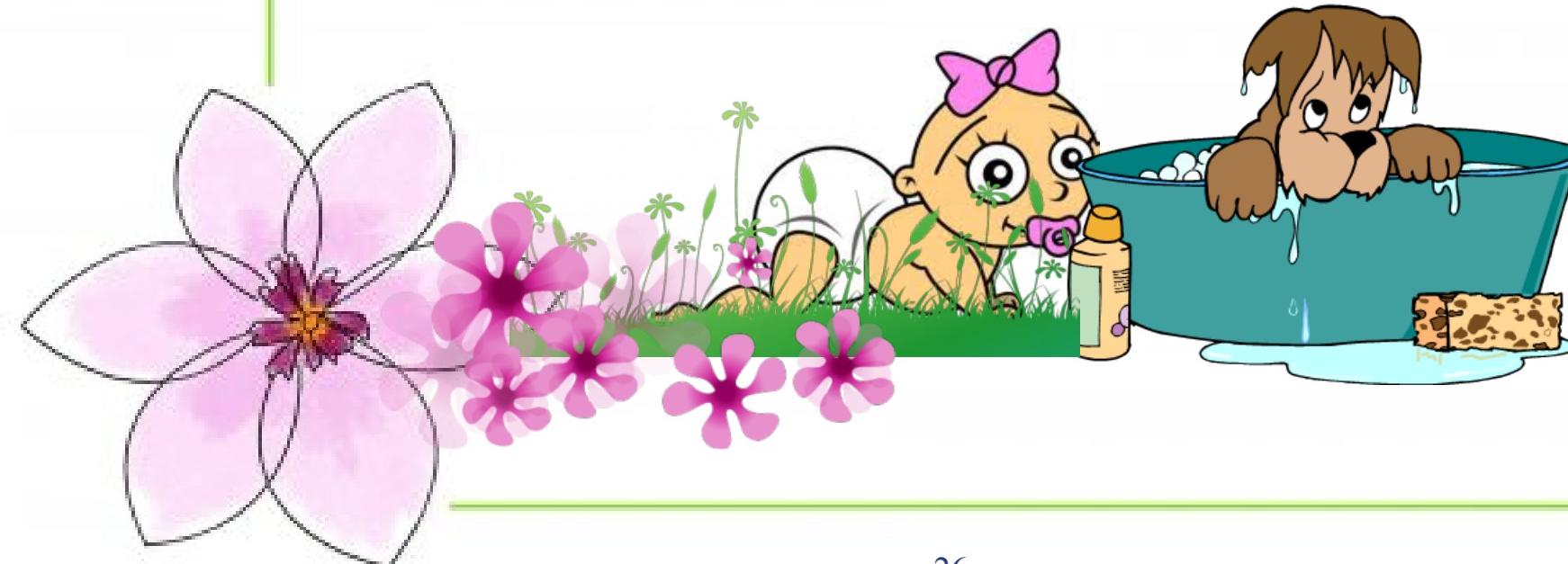
In addition to getting ready for walking, 9-month-old babies are also improving their fine motor skills.

They learn quickly to point at objects with their index finger or practice holding a cup.

This is a stage of investigating and experimenting with all kinds of holes, gadgets, toys whatever their little chubby fingers get hold of.

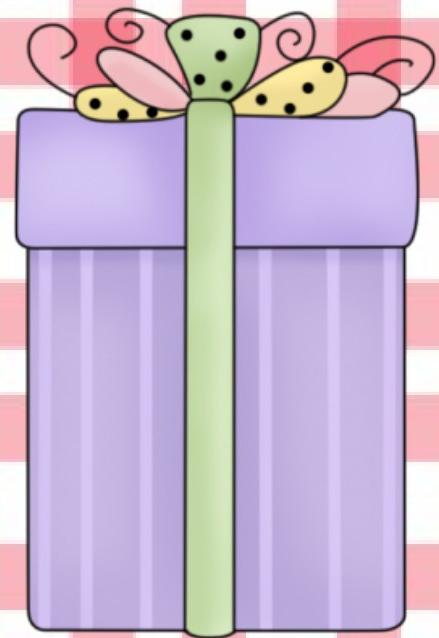


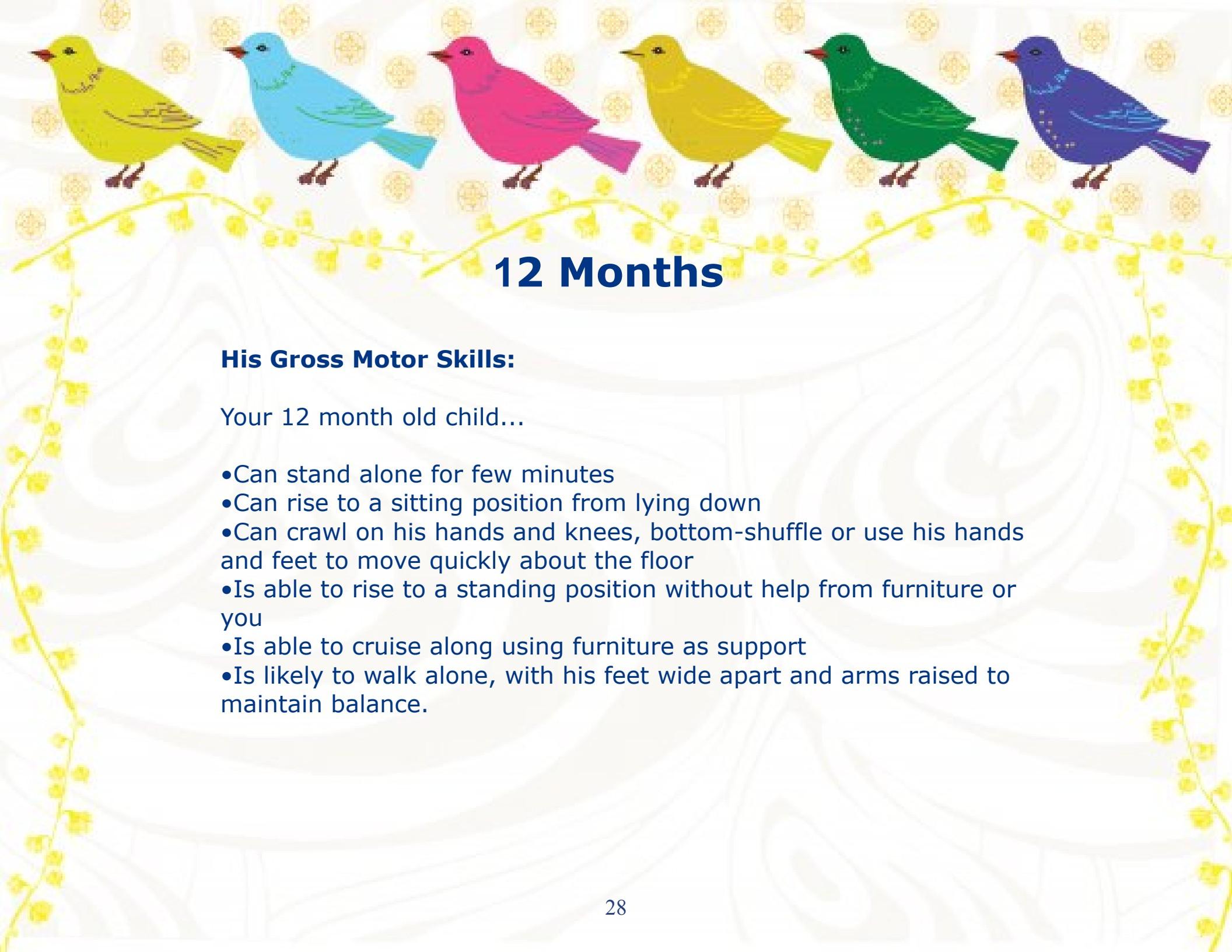
This is a time of great discovery
for the 9 month old. Parents
eyes have to be everywhere.



Twelve Months

Happy
Birthday





12 Months

His Gross Motor Skills:

Your 12 month old child...

- Can stand alone for few minutes
- Can rise to a sitting position from lying down
- Can crawl on his hands and knees, bottom-shuffle or use his hands and feet to move quickly about the floor
- Is able to rise to a standing position without help from furniture or you
- Is able to cruise along using furniture as support
- Is likely to walk alone, with his feet wide apart and arms raised to maintain balance.



His Fine Motor Skills:

- Is able to pick up small objects with a fine pincer grip between his thumb and the tip of his index finger
- Can point with his index finger at objects of interest
- Is able to release a small object into your hand
- Can hold a crayon in a palmer grasp, and turn several pages of a book at once
- Shows preference for one hand over the other
- Drops and throws toys deliberately...and look to see where its fallen
- Build with few bricks and arrange toys on the floor.

His Sensory Development:

Your 12 month old child develops intelligently through his senses. Once he can move around he begins to explore his environment.

- He's able to see almost as well as you can...visual memory is very good
- Understands and responds quickly to his name...recognises familiar sounds and voices
- Stroke, pat and turn objects in his hands
- Shows good taste and judgement of different foods by taste, and show a preference for sweet, salty and fatty flavours
- Frequently enjoy watching television.



His Cognitive (intellectual) Development:

Cognitive development is the process by which the brain develops the abilities to learn and remember.

Your 12-month child...

- Uses trial-and-error methods to learn about objects
- Hands objects to you when asked, and begin to treat objects in an appropriate way
- Responses become coordinated into more complex sequences
- Actions take on an "intentional" character such as reaching behind a screen to obtain a hidden object.

His Language Development:

Your child's brains are very open to learning, and he quickly absorbs the language around him. By the first year he can say a few words, like "mama" or "dada" and can understand many more.

- Understands simple instructions associated with a gesture, such as 'come to Mummy'
- Can speak about 2-7 or more recognisable words
- Shows that he can understand more words
- Babbling develops into more speech-like form, with increased intonation.



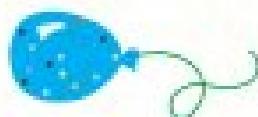
His Emotional and Social Development:



In a loving environment, your child will easily bond with you. A close bond provides a foundation for future relationships... he learns from you how to love and how to trust.



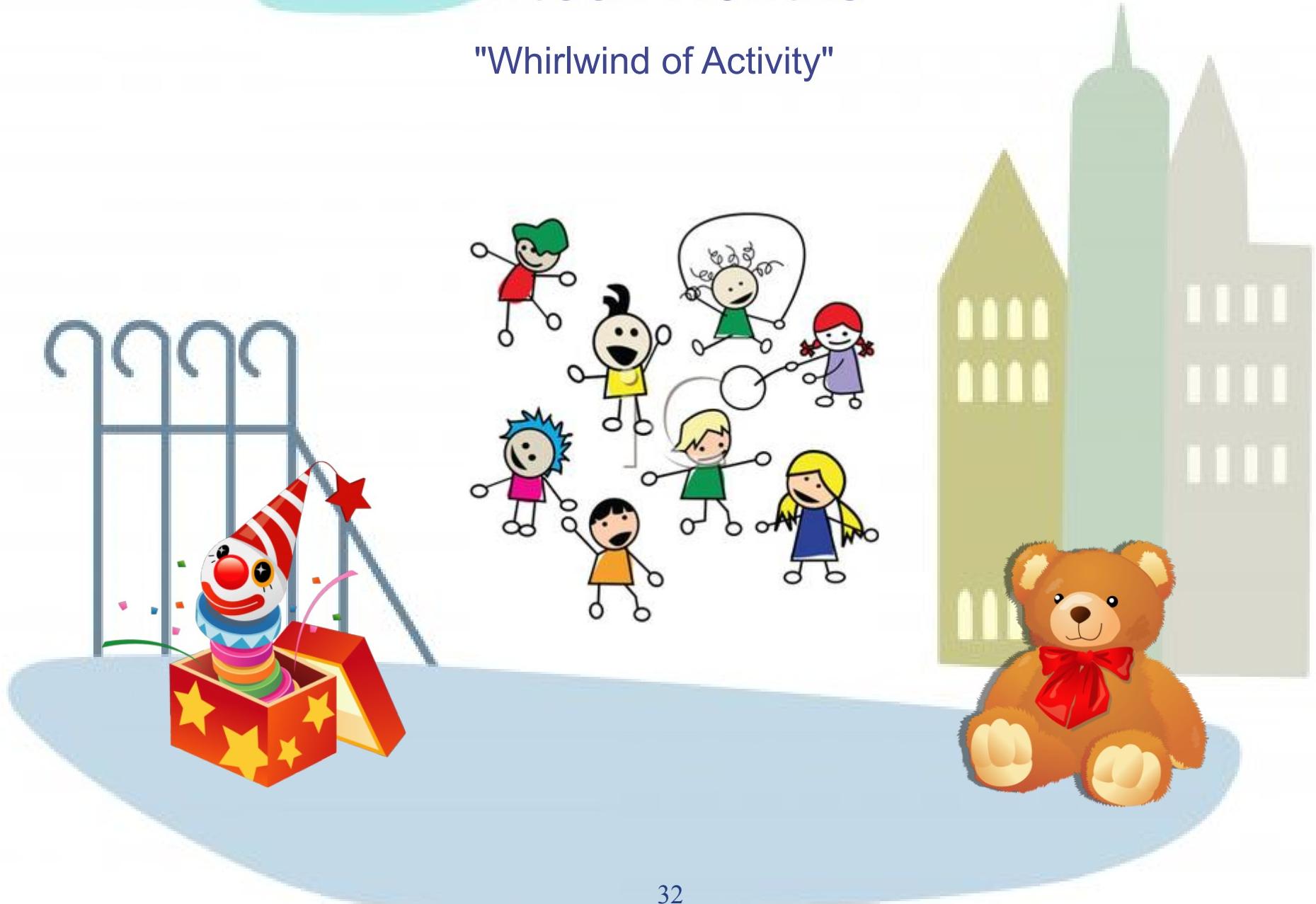
- Enjoys socialising at mealtimes, joining in conversation while showing the difficulty of self-feeding
- Understands simple instructions associated with a gesture
- Can speak about 2-7 or more recognisable words and show that he can understand more words
- Is emotionally liable... likely to have frequent changing moods
- Is closely dependent upon your reassuring presence
- Usually want a comfort object, such as a teddy or a piece of cloth
- Is still shy with strangers
- Is lovely towards familiar people
- Repeatedly throw objects to the floor in a playful or rejectful way





Fifteen Months

"Whirlwind of Activity"



15 Months

By now, your toddler can likely walk well and, boy, does she get around! Now's the perfect time to encourage her to discover the world through her senses by playing looking, listening, and touching games ("Daddy's face is scratchy; Teddy's fur is soft"). Help her tune in to smells and tastes by discussing what's in the air or on her plate at mealtime. Don't be surprised if your little social animal displays some very antisocial behavior these days: She still views playmates as objects rather than people, so it's hard for her to feel empathy when she grabs a toy she wants or shoves Molly out of her way. Joining a playgroup can help foster good social etiquette, though side-by-side (parallel) play will probably dominate the party for a while longer.

Help her language skills along by responding to nonverbal demands with a simultaneous translation: "What do you want? Do you want juice?" Congratulations if you get an actual response!

Eighteen Months

"Mr. No!"



18 Months

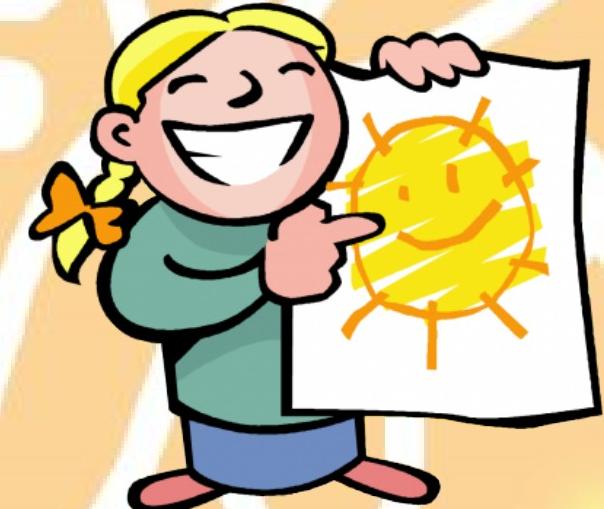
Hey, I'm halfway between one and two! Hallmarks of this age include impatience with, well, just about everything (I want juice...NOW!!). You may also encounter some toddler sleep problems in the form of a reluctance to nap (it might be time to ditch that morning snooze), rebellion at bedtime (consider making it a little later and a tendency to wake up (very!) early in the morning. You may also find your toddler interfering with your phone calls and visitors as he lets you know loudly and clearly that he wants to be the center of attention. Don't be surprised if, despite his burgeoning independence, he still has separation anxiety (like the dreaded drop-off at day care).

Empathize with him (I know it's hard to say good-bye) and be sure to pack a favorite furry friend in his bag, but don't feed his misery by getting upset yourself. And speaking of misery, plenty of parents must cope with some serious stroller struggles these days since toddlers hate to be confined (and that goes for high chairs and car seats as well). Distraction may help, but ultimately, your best bet is to stay cool and stand firm. Finally, it's not too soon to lay the groundwork for good manners by always setting a good example yourself and by explaining why we say please and thank you (hint: it's as much about kindness as it is about courtesy).



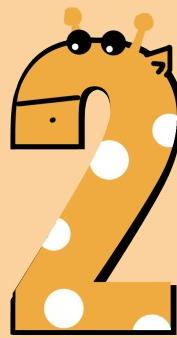
Two Years

"Miss Independent"

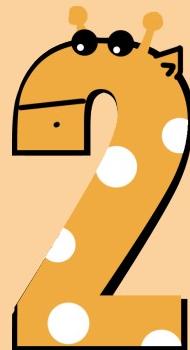


"The Terrible Twos"

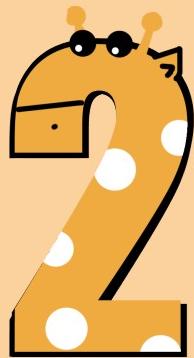
- Two-year-olds enjoy using their senses and motor skills to explore the world and are highly curious about unfamiliar objects, events and phenomena. They can solve simple problems with the "trial and error" method and will practice an activity many times to master it. Children this age also pretend more during play, using familiar objects and situations to process their daily experiences.
- New discoveries are also facilitated by a two-year-old's blossoming language skills that prompt many "why," "what" and "how" questions. During the year, children this age pick up most parts of speech to form more complete sentences. They can understand and say hundreds of words, but familiar adults may need to "translate" for others due to immature pronunciation skills. They also understand simple directions and many common phrases used in routine situations.
- Children this age are laying the groundwork for reading and writing. They enjoy having books read to them and may pretend to "read" as they independently look through familiar books. Two-year-olds can sing the A-B-C song, but they don't yet understand that the letter names correspond to specific graphic designs. They also make a variety of scribble marks anywhere and everywhere and may even attempt to write the first letter of their name.



- As they play and complete their daily routines, two-year-olds learn important math skills. They can use a toy to represent another object, recognize patterns with daily activities and understand concepts of time like, "tomorrow" and "yesterday." Two-year-olds are just beginning to use logical reasoning to solve everyday problems. They can sort shapes, complete puzzles with eight pieces or less and stack a set of rings on a peg by size. They also understand addition and subtraction with the numbers "one" and "two."
- Physically, two-year-olds explore all the ways to travel from here to there, including rolling, crawling, creeping, walking, running, jumping and climbing. They can also kick a small ball forward, catch a rolled ball and throw a ball overhand (but with little accuracy). Two-year-olds love finger play activities (e.g., "The Itsy, Bitsy, Spider"), pounding and squeezing clay, shaking rhythm instruments and scribbling. They can turn doorknobs and unscrew lids and have improved their skills using eating utensils.



- Two-year-olds also use their motor skills to explore the creative arts. They make sounds by banging and shaking instruments and household items. They enjoy dancing upon request, doing finger plays and acting out chants and songs. Children this age are also gaining control over their voices and will join in singing the refrains of their favorite songs. With art, they enjoy the sensory pleasures of the art materials and focus on the process of creating art, rather than the final product.
- Two-year-olds enjoy playing alongside other children, but usually keep to themselves. When conflicts arise, adults need to step in to prevent aggression and teach appropriate behaviors. Children this age are beginning to label feelings that they recognize in themselves and others. Controlling emotions is still difficult, however, so frustration may trigger emotional meltdowns. Comfort objects like blankets or teddy bears help two-year-olds cope with new situations or strong emotions.



Four Years

"Growing Self-Reliance"



The 4 Year Old

Social skills:

- shows more independence — able to brush his teeth and get dressed by himself
- demanding but also eagerly cooperative
- may be rude, or even tell you to shut up — the more you emotionally react, the more he will misbehave
- wants to be liked and to please his friends and perhaps has a best friend which could be of either sex
- knows about everyday things like food, money and appliances and the concept of time
- has little sense of ownership — possession means he views all things as his
- has learned sympathy and sadness when someone or something is in pain — that is what he wants when he is in the same situation
- has become aware of sexuality and has a natural curiosity about it
- shows a high degree of interest in singing, dancing and acting
- brims over with imaginative ideas
- tries to distinguish the difference between fantasy and reality
- may like telling "tall tales"

Motor skills:

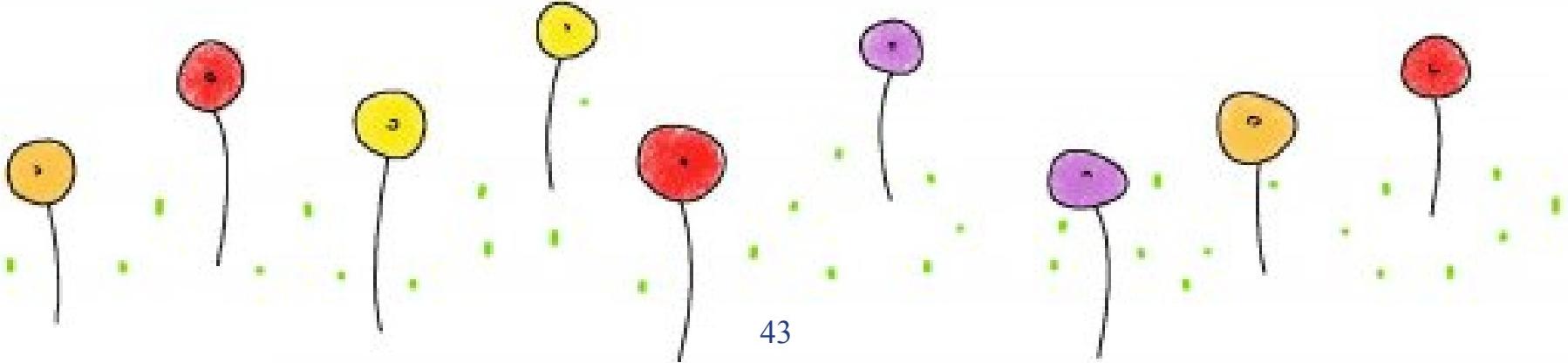
- jumps up and touches line 3 inches above standing reach
- hops forward on one foot
- uses an overhand toss to hit a target from 5 feet
- throws small ball underhand 10 feet
- loves movement — climbing, swinging, somersaulting and skipping
- enjoys writing, painting, modeling, cutting, pasting and building structures
- draws a circle, square and sometimes triangle
- hand-drawn pictures will contain all of the essential elements like eyes, nose and mouth — although they won't look like people to you

Language skills:

- can count to 10 or more
- can name at least four colors
- has a vocabulary of more than 1,000 words
- puts together sentences of four or five words
- asks the most questions of any age
- enjoys using the four letter words he has heard and particularly enjoys the look on your face when he says them — don't overreact!

Five Years

"Socialising - Leaving the Nest"



The 5 Year Old

Many children start school at five. Here's an overview of what you can expect between the ages of five and six, and how you can help your child's development in a variety of ways.

Social/emotional development:

The family is still the centre of the world for your five-year-old. Although she'll want to play with other children and might form some friendships, her important emotional life is still found at home. Your five-year-old is still very attached to you and might be upset when she begins school.

Once at school, your child will come into contact with different ideas and ways of behaving. He'll also have to fit in to a whole new system or set of rules that might be very different from those at home. This can be confusing and tiring, so don't be surprised if your five-year-old is clingy, bossy or teary, especially after school. Children respond to pressure in their own ways.

Five-year-olds often feel sympathetic to others, although they're not able to be responsible for younger brothers and sisters.

Your child will notice a lot about being a boy or girl, and often the sexes will play separately. At this age, children love to play together, rather than playing by themselves.

Your five-year-old is becoming more independent and in control of his behaviour. There will be fewer arguments and few tantrums, if any. He's beginning to understand what it means to be fair and to follow rules in a game. But you can still expect that it might be too much to cope with sometimes, so he might cheat, get upset or not want to play every once in a while.

Your child can now be reasoned with. She can ask serious questions, and wants to be taken seriously. She'll often ask for your permission before she does something, because she's starting to learn about rules and the idea of being right and wrong.

Developing understanding:

Your five-year-old is beginning to get enough of a view of the world to understand that differences can exist alongside each other. He's also beginning to develop an understanding about values, and that different families might value different things. At this age, your child likes rules. The world is opening up to her quickly, and rules offer a way of doing things that stops the world from getting too confusing.

Five-year-olds understand a lot more about things like space and time, but many aren't able to tell the time yet. Your five-year-old will also become very good at sorting things by colour, shape and size. He can name four colours and match 10-12 colours.

By the time your child's six, she might be able to arrange objects from smallest to largest, shortest to longest and lightest to heaviest. She'll also begin to understand that the quantity of an object remains the same when arranged differently – for example, a ball of clay is the same amount when flattened out.

Your child can now draw a person with a head, body, arms, legs and features such as eyes, nose and mouth. He can draw a house with doors, windows and a roof, copy letters and even write some letters from memory. He can recognise letters but might not be able to read yet.

Physical development:

Your child is often confident and proud of her physical skills – but she can easily misjudge, and falls are common. At the end of her fifth year, what she thinks she can do and what she actually can do will be better matched.

Your five-year-old enjoys being active and is good at climbing, sliding, swinging and dancing. He might also be learning to skip. He can stand on one foot for a short time and can hop forwards on each foot separately. If he's has had some practice, he can catch a medium-sized ball.

Your child might also have good control in writing and drawing, and she can stay in the lines when she's colouring in.

Speech/language development:

Most five-year-olds have a good command of their native language, although your child might still have difficulty explaining complicated events or ideas, and might leave out important bits. He can have the same difficulty understanding complicated directions, so you'll need to be careful to explain things in a clear, straightforward way.

When your child starts school, he might come home with words that aren't commonly used in your house. They are like a "sponge" and soak up everything in their immediate environment. If you don't like some of those words, give a simple reason why you don't like them, and try to offer alternatives.

By now, your child can speak clearly and have a conversation with you about everyday subjects. She can say her name, address, age and birthday. She might ask the meaning of words and can describe the way some items are used – for example, 'A knife cuts'.

Your five-year-old can tell stories and give short talks to children at school – for example, in 'show and tell'. He loves listening to stories, reciting or singing rhymes and songs, and hearing jokes and riddles.

What you can do

Supporting and encouraging your child:

Your five-year-old needs your support and encouragement, particularly if she begins school in this year. She'll notice what she can and can't do in comparison with other children and might want your help to be better at something that's important to her (like hitting a ball).

You can help your child feel good about himself by concentrating on his special strengths. You can also help him experience achievement by getting him to do simple jobs around the house that he can easily accomplish – for example, putting out the knives and forks. But try to allow him to be 'little' for short periods when being 'big' gets too tiring!

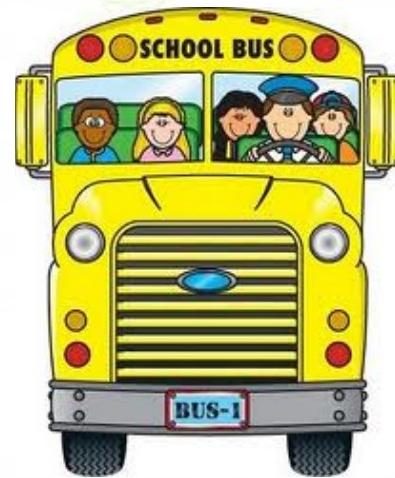
Spending time together:

If there's a younger sibling at home, your child might feel jealous of the time you spend together while she's at school. Making sure you still get some 'special time' with her will pay rich rewards in giving her the strength and confidence to meet school challenges.

Five-year-old boys need some special help from their fathers (or other close male friends or relatives) – children usually have more opportunities to see what it's like to be a woman than they have to see what it's like to be a man. They want to know what it feels like on the inside, as well as what it looks like on the outside. If your son has had a chance to spend time with his father (or another man), he'll be much more confident getting on with other boys in social situations.

Six Years

"ABC - A Big First Grader"





The 6 Year Old

- Six-year-olds have longer attention spans and continue to prefer structured activities to more open-ended experiences. They enjoy taking on new roles and responsibilities, but still require much direction from adults and frequently ask questions to ensure that they are completing tasks the right way.
- The language skills of six-year-olds become increasingly sophisticated throughout the year. Their vocabularies rapidly increase, and their language moves beyond communication to provide a foundation for learning, including the development of independent reading skills. In general, their pronunciation of words is clear and they use complex grammatical forms accurately.
- In first grade, children transform into true readers. They apply their knowledge of how print works and practice strategies to decode unfamiliar words. They learn to read aloud with fluency, accuracy and understanding. They read a variety of texts for pleasure (e.g., stories, informational texts, poems) and draw upon a variety of comprehension strategies to understand and enjoy texts. Children this age write stories, notes and descriptions. Most are able to develop an idea beyond a sentence and will add some details to help describe or explain things in their world. They enjoy sharing their writing with others.



- In mathematics, six-year-olds can typically count up to "200" and count backwards from "20." They understand the concept of "odd" and "even" numbers and can represent numbers on a number line or with written words. They use increasingly more sophisticated strategies to solve addition and subtraction problems. They also count the sides of shapes to identify them and can combine shapes to create a new one. Six-year-olds can also give and follow directions for moving around a room or on a map.
- Scientific discovery for children this age is affected by their tendency to straddle the world between make-believe and reality. Six-year-olds might continue to give animals human characteristics, such as suggesting what a worm might be thinking, or that a butterfly has eye lashes. Gentle encouragement to look closely at worms and butterflies will help children to describe more objectively what they observe. Science experiences for this age group should continue to immerse children in first-hand investigation of the world around them, so they can continue to build a reservoir of experiences from which they can begin to draw as their thinking becomes more sophisticated.

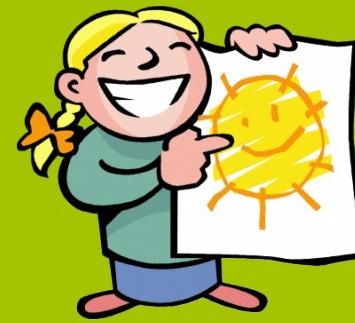
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- Six-year-olds continue to enjoy moving in a variety of ways. Although far from proficient in motor skills, this does little to dampen their enthusiasm for trying out new activities and sports. They are able to run in various pathways and directions and can manipulate their bodies by jumping and landing, rolling and transferring their weight from feet to hands to feet. Their hand- and foot-eye coordination is still developing, so skills like throwing, catching, kicking and striking are still emerging. With the right equipment, however, and a skillful partner, their motor skills continue to improve. Note: During this period of development, children's actual skill levels will vary based on their amount of physical activity. Sedentary children will not mature as quickly as those who participate in activities like dance lessons, team sports or backyard play.

- In terms of social and emotional development, six-year-olds are confident and delight in showing off their talents. They start to display an increasing awareness of their own and others' emotions and begin to develop better techniques for self-control. Six-year-olds enjoy sharing toys and snacks with friends, although conflicts among peers may remain quite frequent. Predictable routines are important sources of stability and security for children this age. Six-year-olds also draw emotional stability from their interactions with adults with whom they feel secure, particularly during challenging situations and circumstances.



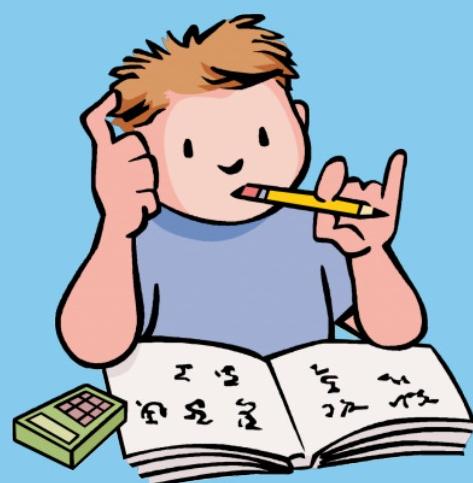


- A child's development in the creative arts varies greatly based on the child's experiences with art, music, dance and theater. Given exposure and practice, six-year-olds use a wider variety of materials to create visual images that combine colors, forms and lines. They can also remember the words and melodies to a number of songs and may sing or play these songs on instruments. They can also be taught how to read music and write simple music notation. With dance, six-year-olds can create, imitate and explore movement in response to a musical beat. The dramatic play of six-year-olds show greater creativity and complexity in the use of props, costumes, movements and sounds. Children this age can also repeat simple text and cooperate with others in a dramatization.



Eight Years

"Halfway up the Stairs"



The 8 Year Old

8-year-old children, emotional development may be evolving at a deeper level than before. An 8-year-old may be capable of more sophisticated and complex emotions and interactions such as masking true emotions to spare someone's feelings or occasionally working through a problem or situation without the close intervention of an adult.

Eight-year-old children may also be a study in contradictory and quick-changing emotions. An 8-year-old may be very critical of others but may also be very critical of himself. He may be cooperative and cheerful in some instances and bossy or selfish and rude in others.

Independence:

Eight-year-olds will be proud of the fact that they are able to do many things on their own and will increasingly express a desire for privacy. At the same time, 8-year-old children will still need and want guidance and support from their parents. Parents should make it a habit to routinely talk to their 8-year-old child about her day, any problems or interesting developments at school, or dynamics or conflicts in her friendships.

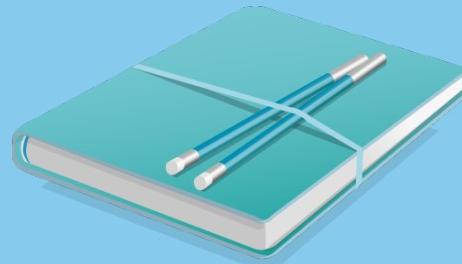
Self-Confidence:

Eight-year-olds may veer between bouts of brassy over-confidence and uncertainty and doubt about their own skills. They may compare themselves to their friends and peers ("He is better at drawing than I am" or "She is a better soccer player").

Privacy:

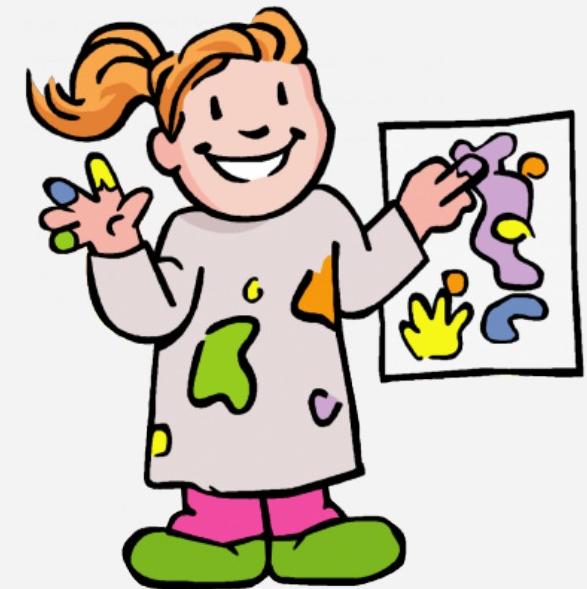
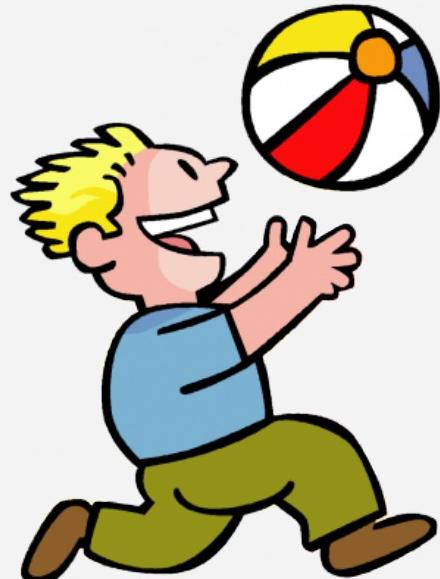
Your 8-year-old child may express an increased desire for privacy. She may want to shower and get dressed with the door closed. Eight-year-olds may also want to keep some thoughts private, and parents may suggest that their child keep a journal or diary to write down their thoughts.

While parents should respect their child's request for privacy, there are some matters -- such as going online or conflicts with friends -- that should be handled with a parent's guidance, monitoring, and support.



Ten Years

The Pre-Adolescent



The 10 Year Old

Ten-year-old children are standing on the cusp of adolescence, and are in many ways looking and behaving like the tweens they are becoming. Physically, they are growing taller and some 10-year-olds are already experiencing changes brought on by puberty. They may be taking on more responsibility for their own routines and self-care (such as homework, grooming, chores) and be able to handle many tasks on their own with little supervision.

Ten, however, is an age of contradictions. While they may look and act more grown-up, 10-year-old children can sometimes exhibit younger, even immature behavior. It's not uncommon for a 10-year-old to ask his parents not to hug him in public and yet still request snuggles and kisses at home. And while more independent than ever before, children this age may occasionally need some assistance and guidance with organizing and sticking to a schedule.

Diet:

At age 10, many children are settling into eating habits that have been developing since their younger years. Children who have been allowed a constant diet of unhealthy foods such as soda or fast food will continue to prefer those foods while kids who become accustomed to healthy, balanced meals will continue to enjoy healthier fare.

That's why it's important for parents to model healthy eating habits and offer children nutritious meals and snacks at home. Be sure to buy a variety of fruits and vegetables, whole-grains, and lean proteins, and limit foods such as chips, soda, and candy. Parents can also teach kids to make healthy choices at school when they buy lunch, or pack healthy lunches for them to take to school. Another nutritional tip: Parents should also try to have meals together at home as much as possible; studies have shown that eating together as a family has many benefits including reduced risk of obesity in kids, healthier eating patterns, and even reduced risk of smoking, alcohol, and drug use.

Ten-year-old children may also exhibit varying appetites. One day they may eat like a linebacker and the next only nibble on a few snacks. Generally speaking, however, 10-year-old children show increased appetite as they hit growth spurts during this period of child development.



Sleep:

For 10-year-old children, sleep problems such as trouble going to sleep on their own or sleeping through the night are long behind them. Other issues such as bedwetting are also less common at this age.

Nevertheless, there are some challenges that can interfere with a 10-year-old child getting enough sleep. Demands on a child's time such as the lure of TV, video games, computers, and other electronic devices can all lead to a sleep deficit, which can interfere with learning and ability to pay attention -- two particularly important factors for school-age children.

Be sure to set up good sleep habits in your child and make sure they are getting enough rest at night. Sleep is crucial for cognitive function, mood, and overall health in both children and adults, so do what you can to ensure your whole family gets enough shut-eye.



Chores:

Ten-year-old children typically take pride in the work they do around the house. They will be able to handle more complicated chores such as loading the dishwasher, doing the laundry, and helping take care of pets.

It's also a good idea to get 10-year-olds more involved in household routines such as grocery shopping, which can lead to teaching your child about how to make healthy food choices. Parents may also want to give kids an allowance for chores. This can help teach children this age lessons about money saving and management.



Twelve Years

"Declaration of Independence"



The 12 Year Old

Nothing in life can prepare parents for the experiences they are about to have with their 12-year-old. What a roller-coaster life it will be for everyone. Your adolescent bounces between childhood and adulthood, being irresponsible and responsible, testing parental authority and then depending on it. Parents often do not know what to expect and many adults find it difficult to understand the adolescent's growing need for independent action, and even for rebellion. Most parents and their children get through it intact and much of what you hear and see in the media is greatly exaggerated. May parents look back and can chuckle.

Parenting and Behaviour:

- Dramatic physical changes are the hallmark of early adolescence and these physical changes are important to your adolescent. They signify that he or she is developing like his or her peers. Generally, girls begin puberty an average of two years earlier than boys. During early adolescence, most girls experience a rapid growth spurt, changes in fat distribution, and the development of secondary sexual characteristics such as pubic hair and breasts. For most boys, the early adolescent period marks only the beginning of the biological changes of puberty, with increased abdominal fat deposits, testicular growth, voice changes and the development of acne, pubic hair and nocturnal emissions. Since many young adolescents are unaware that the onset and rate of puberty vary greatly, they need reassurance that their own growth and development are normal, and they will benefit from learning about the progression of physiological changes.

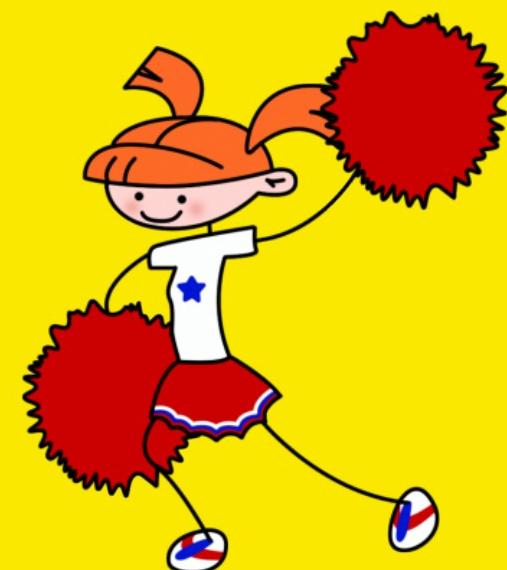
- Many young adolescents, preoccupied with their attractiveness, will try to change their appearance through dieting or consumer fad food products. Anorexia and bulimia may occur especially among females. Some males use supplements and steroids for bodybuilding. While some teens exercise regularly and develop bodies that are extremely fit, others remain sedentary and have poor physical fitness. These behaviors are often predictors of fitness habits later in life.
- Most 12-year-olds focus on social life, friends and school. They continue friendships with members of the same sex. Sometimes, a teenager's best friend becomes a parent substitute and confidante. These friendships, however, may change abruptly, causing hurt feelings.
- Teens need to learn to respect the rights and needs of others. They should follow family rules, such as those for curfews, television viewing, and chores, and share in household chores.
- Parents need to serve as a positive ethical and behavioral role model.
- School activities are important in the life of a 12-year-old adolescent. Social activities often center around sports events. Teens meet together in groups or pairs.
- Parents should learn the signs of adolescent depression and drug abuse!





Fourteen Years

"Age of Rapid Changes"





The 14 Year Old



For 14 year old teens, puberty has become old news. Getting more and more privileges and freedom from parents and "little kid rules" are what's important. Fourteen-year-old teens feel pretty happy with themselves, as much of the angst from the changes they've been going through levels off and they've gotten used to no longer being a young child anymore. While parents can breath a sigh of relief that there are fewer mood swings, be wary of the happy, smiling 14-year-old, as he or she often wants something.

Fourteen-year-old teens love trying new things, sometimes many new things all at once. They are aware of their own capabilities and are in search of their "thing." It's important at this time to allow your teen to do new things at a pace that you, as a family, will be able to keep up with while your teen is also performing his or her responsibilities, such as school work. A strong sense of accomplishment and confidence comes from being involved in activities; this lends to a good sense of self-esteem and identity. So, allow activities and hobbies as much as you and they are able to do.



14 year old teens want to be liked:

Fourteen year olds want to be liked and be a part of the group. They want, sometimes desperately, to be accepted by their peers. Individuality is not important to them; most of the time they will be embarrassed if they are singled out by a teacher or by you. Your teen may get anxious if they are not being accepted by their peer group. They may start feeling bad about themselves. If you find this is happening, try to get your teen involved in a club, sport, community activity or youth group that includes other teens with your teen's interests and hobbies. School peer groups are hit-and-miss. Finding like-minded friends sometimes takes a little more effort. Parents, Toughen Your Skin!

Fourteen year old teens like to compare and contrast everything under the sun to you, their parents. And you will fall short in their eyes. Not only will they let you know where you fall short, but they are embarrassed by you for it. (Ouch!) This is the age where teens do not want to be seen in public with their parents. Try not to get offended! This, too, is normal.



Talk to your teen about this if they have gone too far, and let them know you find their words or behavior toward you insulting. While you don't want to cause a scene in front of their friends - my best friend's mom used to scream, "Stab me through the heart with this!" and clasp her chest - that's too far. Sometimes, your teen will need to be reminded that you are a person with feelings, too.

You will also want to ask your 14 year old what they feel the boundaries are when it comes to you being seen with them in public, to avoid embarrassment. For instance, if the entire family is going to the high school basketball game, you should set the rules: no hugging them or telling them how cute they are when they act all grown up. And they should be able to mumble a hello and half a wave as they walk by. This will help them feel more independent and less worried that their parents will blow it for them in front of their peers.





Sixteen Years

"Friends, Clothes, Music and More"



The 16 Year Old

Sixteen year old teens are comfortable in their own skin and know the ropes as to the life around them. They've learned much about themselves in the past few years and are able to see when they are at their best and when they are at their worst. They also see the best and worst of their parents, which will gain you some criticisms and compliments - often right out of the blue.

Try not to take the criticisms as insults, although you will want to remind your teen not to talk to people - parents included - rudely, even if it is the truth. Also, remind them that it is sometimes kinder to keep things to themselves. You may find throughout your teen's 16th year, you want to carry a book of manners with you. Not to cite them constantly to your teen, but to just remember that you do know them and yes, taught them at some point to this child.

Independence is still the name of the game:

Sixteen year old teens are gaining in independent life skills and should be honing those skills they do not have or are not good at. At this age, a teen not only wants to be able to do things independently - like the 15 year old - but they also want you to know they have the ability. They are getting their driving permits and gaining a feeling of freedom and independence when they pass those tests. Many begin working at a part-time or seasonal job. These teens often grow in maturity and gain even more confidence in their independent abilities. The flip side of that can be overconfidence; therefore, you will need to teach your teen to keep themselves in check.

As a parent, you can put your teen's life skills and abilities to work for their positive growth. Teach your teen to do their own laundry, take care of their living space and practice driving by running some errands for their family's needs. All of this will show your teen that with independence and freedom, come responsibilities.

16 year old Teens Form Close Emotional Ties with Friends and the Opposite Sex

The 16 year old teen can get very emotionally attached to friends and the opposite sex. They now have the ability to form strong attachments to others. But teens aren't always able to use that ability or control their feelings when, for example, the other teen does not feel the same way about them. This can lead to some heartbreak times.

You will also want to keep a close eye on any emotional manipulation that can happen at this age. Peer pressure can be very tough to handle. Add some emotional manipulation by a guy or girl whom your teen wants to date, and your teen may do things you never thought they would. You can help prevent this by talking about the choices they have when someone tries to manipulate them. To start these conversations, use television shows as ice breakers, as opposed to mentioning your teen's real-world friends. Trust me - you'll get father with your point.

Mostly happy and are interested in the here-and-now:

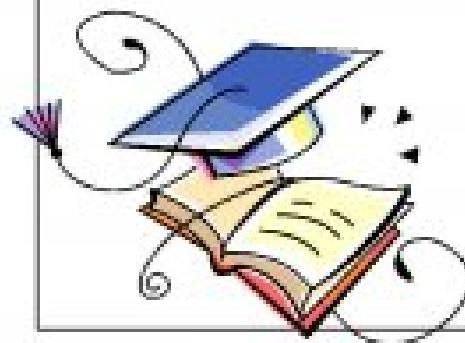
The 16 year old teenager is mostly interested in what is happening right now and doesn't often look to their own future without prodding from parents. It is too far ahead for them to worry about, so they don't. But they will engage in a conversation about the different fun possibilities that may lie ahead. They also tend to be happy with what they are doing. They go with the flow and are socially active.

Worried that your 16 year old teen's development isn't normal?

Many parents of 16 year old teens worry that their social and emotional development is too fast or not fast enough. Or parents start to see warning signs of substance abuse or signs of mental health problems as adolescence is often the time social and emotional problems surface. If this is true for your teen, seek help right away.

Eighteen Years

"Leaving the nest...for good"



The 18 Year Old

The 18 year old teen is on an identity quest into their future. They want to figure out where they will fit in today's world. It is a time for big change that comes with a lot of freedom and happiness, along with feelings of nostalgia and apprehension. The 18 year old is often idealistic and enthusiastic about their future goals.

As this is the first year as a legal adult, the teen comes into their 18th year in a whirlwind that was childhood and tends to come out of it more stable with some established independence and more of the experienced life skills they need as a young adult. After 18 year old teens are on their own more - past high school graduation and on to the next step - they tend to be more cooperative and understanding of others, including their parents.

Peer groups become less influential:

Socially, the 18 year old has had intimate relationships and is aware of their sexuality. They have kept one or two close friends from their high school peer group but don't have as much of a problem with peer pressure, since they are more able to assert their independence.

While peer groups have less pull on an 18 year old, the teen may be very influenced by their close friends or a relationship with the opposite sex. They have an emerging ability to make independent decisions and to compromise. This serves them well as they are forming new friendships and intimate relationships. As boys and girls are looking to their future, they are beginning to look at aspects in the opposite sex that they may want in their future mates - even if they aren't "ready to settle down."

The future is here for the 18 year old teenager:

The teen who has set goals and worked on life skills will be looking forward to moving on with their future plans. They show self-confidence and pride in what they have already accomplished - like obtaining their high school diploma. They are enthusiastic about their next step and tend to go after it with an idealistic and energetic gusto. This can cause some turmoil if the teen is not taking in the whole picture and also assuming the responsibilities of being a young adult.

While they are enjoying independence, they recognize that parents have experiences and insight into what they may need to succeed. Therefore, you will find your 18 year old teen asking you questions and listening to your answers. Whether they choose to take your advice or not they are paying more attention to what you have to say. Parents often enjoy this time with their teen, which makes a lot of happy feelings in the family.

The teen who has chosen to enter the work world from high school tends to mature very quickly, as they get a good look at the reality of working, the cost of living and all of the responsibilities that come with it. This 18-year-old may become angry about the harshness of their lot in life or they may gain some resilience through the experience and begin making better life goals.

This is also a time of pride for parents. After raising your child you have come to the ultimate milestone and survived successfully. While there may be heartstrings pulled during your teen's transition into young adulthood, keep your focus on their success and try not to burden them with any sadness you may feel, as this can cause some guilt in the teen. Parenting, when done well, is a job we work ourselves out of. Take pride in what you have accomplished as well as your teen's accomplishments.



Appendages



The Apgar Scale

Assessment of the newborn child

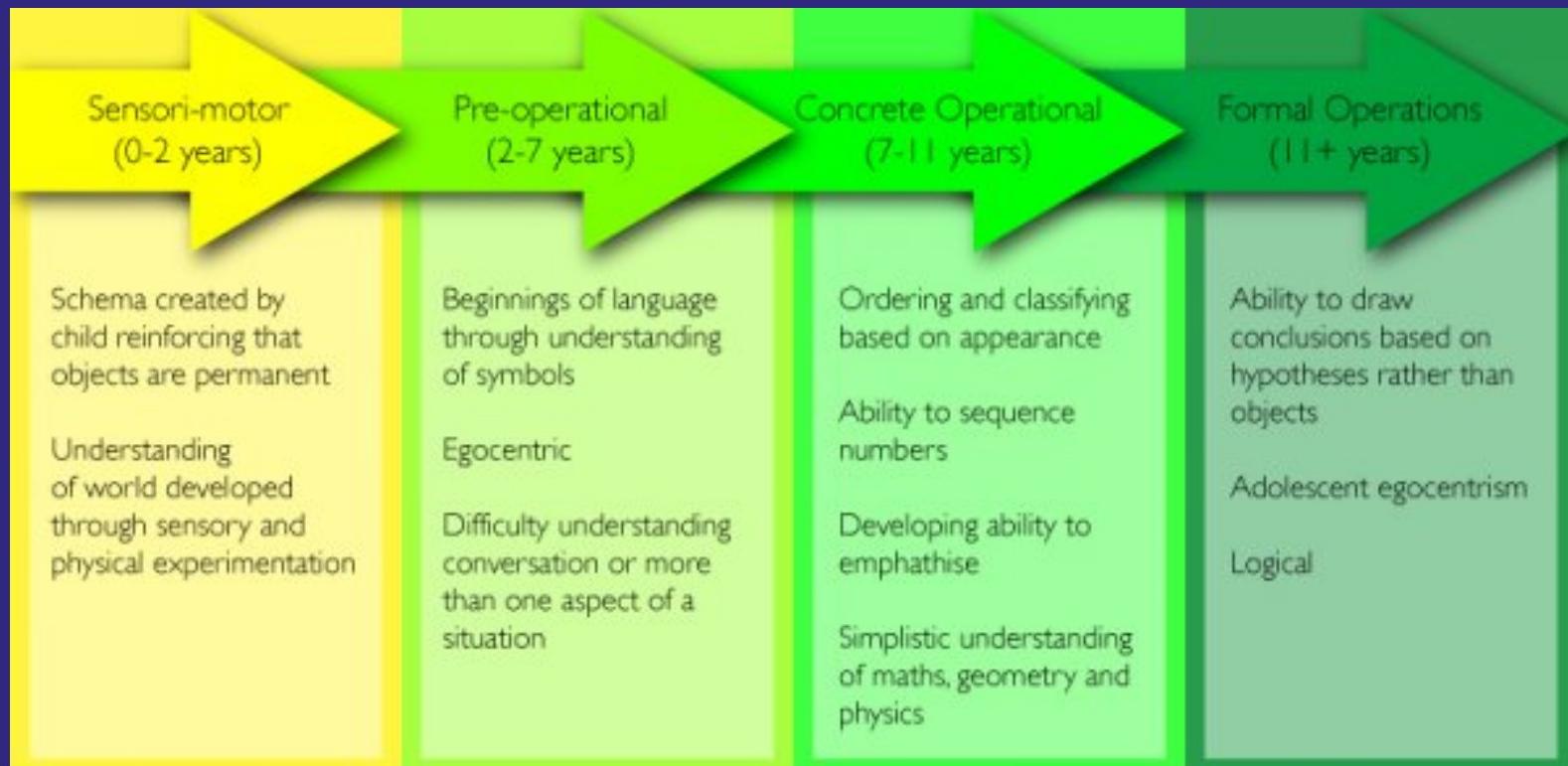
Parameters	0	1	2
Respiratory Rate	Undetectable	< 60 beats/min	60 beats/min
Heart Rate	Undetectable	< 60 beats/min	60 beats/min
Muscle Tone	Lateral Recumbancy - Limp	Lateral Recumbancy - Some muscle tone	Sternal Recumbancy
Nasal Stimulation	Unresponsive	Mild Rejection	Strong Rejection

Values:		
7-8 Normal Foal	4-6 Intervention	0-3 Life Threatening

The Development of Locomotion in Babies



Comparison of Piaget's and Erikson's Stages of Childhood Development



Erikson's Stages of Psychosocial Development

Approximate Age	Psycho Social Crisis
Infant - 18 months	Trust vs. Mistrust
18 months - 3 years	Autonomy vs. Shame & Doubt
3 - 5 years	Initiative vs. Guilt
5 -13 years	Industry vs. Inferiority
13 -21 years	Identity vs. Role Confusion
21- 39 years	Intimacy vs. Isolation
40 - 65 years	Generativity vs. Stagnation
65 and older	Ego Integrity vs. Despair

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